



Acting 1 & 2 (Introductory Acting)

Creating Warm-ups

Ms. Hayes, Mr. Meyer, Ms. Yung

May 4, 2020

Learning Objective:

The student will create a routine of physical and vocal warm-ups essential for stage acting.

Bell Ringer:

Why is it important for athletes to warm-up prior to taking part in competition or practice?

It is important that an actor create an individual warm-up prior to acting on the stage. This unit will introduce you to many different exercises that you can choose from. It is good to have at least a 15 minute warmup before the performance begins.

Lesson Steps, Physical Warm-ups:

MOVEMENT:

As you explore how your body moves, you will discover its capabilities and its limitations. These exercises will provide you with ways to work on extending those limitations to ready you for the physical demands of acting.

Posture – Your posture is your customary way of holding your body. A good posture not only allows you to relax while standing, it provides you the necessary balance for instantaneous movement in any direction. What is good posture? Stand with your feet a little apart, aligned under your shoulders. Imagine yourself suspended by a string from the top of your head. If you were to stand against a wall, your heels, buttocks, and shoulder blades would touch the wall, with your head balanced comfortably on top of the column formed by your body.

PHYSICAL WARM-UPS

Now try standing against the wall with your feet directly under your shoulders. Pretend a string is gently pulling your head straight up from your shoulders. Are your heels, buttocks, and shoulder blades all touching the wall? If not, what do you need to do to make this happen?

Physical Warm-ups prepare and energize your body for rehearsal and performance. Warm-ups loosen and limber up your muscles, leaving your body responsive and alert and thereby reducing your risk of injury, especially in vigorous movement situations. Warm-ups also help you remove mental and physical distractions and focus your full attention on the task at hand.

Before we start, somethings that you need to consider:

You need a large open space free from obstacles.

You need to wear clothing that stretches and is easy to move in.

You need to wear tennis shoes or go barefoot.
Do not do warm-ups immediately after eating, wait a few hours.

Practice:

LET'S DO SOME EXERCISES:

1. Stand erect with your feet shoulder-width apart. Inhale deeply through your nose as count slowly to 4. Feel your chest expand as the air fills your lungs. Now exhale through your mouth as you count slowly to 4. Feel your chest relax as the air is expelled from your lungs. Don't let your shoulders move up and down. Repeat several times.
2. Lift your arms as you inhale through your nose (slowly counting to 4) to form an arch overhead where your fingertips touch. As you exhale through your mouth (slowly counting to 4), lower your arms back to your sides. Repeat 4 times.
3. Inhale and form an arch again, but this time tilt your head back, stretching your chin up. As you exhale, bring your head forward to look at the floor. Repeat 4 times.
4. Repeat the exercise from Number 3, but this time when you exhale and tilt your head forward, open your hands as wide as possible with your palms facing out. Pressing your palms out, bring your arms down to your sides. With your palms parallel to the floor, press down as if you were trying to push something through the floor. At the same time, bend your knees slightly. Your arms should be rigid as if some force is pushing them up as you are pushing them down. This is breathing with resistance. Repeat 4 times.

LET'S WORK ON SOME ALIGNMENT!!

Stand erect with your feet shoulder-width apart. Breathe normally, but deeply. Imagine a heavy weight is attached by a string to the top of your head, gradually pulling your head forward and down. Allow the rest of your body to follow your head and curve over, as if the vertebrae that form your spine were spilling over ONE BY ONE!!!

Keep your legs straight and your arms relaxed and dangling like a rag doll. When you can't go any further, bend your knees slightly. Try to go a little further whenever you exhale. Shake your head lightly from side to side to release any tension.

After a minute, begin reversing the movement. Start from the base of your spine, feeling each vertebrae, ONE BY ONE, return to its place. Keep your knees slightly bent until you are in an upright position. Bring your head slowly up. Repeat 2 times. Afterward, slightly shake out your body.

GOOD JOB! Tomorrow, we will continue adding warmup exercises and activities.